
Happy Summer to all,

I hope everyone has enjoyed a refreshing summer in some manner. Elvira and I spent most of the month at the cottage relaxing and de-compressing from a very active year. We are grateful that we are able to spend an extended period of time recalibrating our lives a little.

It has certainly been a summer of unusual heat and sunshine which has been enjoyable for those of us who like to spend time out of doors. However, it has been as very challenging year for those who make their living off of the land. The farmers have suffered in the east because of this extended drought but in the west, their challenge has been too much rain and flooding which has also disrupted the growing cycle. Global warming? Climate change? It's hard to say but regardless, we all have to be conscious of the changes happening all around us and do our part to be good stewards of mother earth.

Most often, life at Incarnation is relatively quiet through the summer months. However, this year having hired Victoria Stelmacovich with the support of the Canada Summer Grants Program, it has been anything but quiet around Inca. Victoria has worked hard at engaging with the local neighbourhood to create community and build new relationships and bridges between local groups, agencies and residents of the Dorval apartment complex. There have been outdoor yoga classes offered each week with 10 to 15 people participating regularly, outdoor movie evenings for families, story time events for youngsters and a pilot project of a community kitchen that has been extraordinarily well received. Many people have been introduced to Incarnation who had no idea that we were here.

Also this summer, with the support of our R4R (Resiliency 4 Recovery) group under the guidance of Tracy Stark, a new community garden and 'serenity garden' has been developed on our property. Victoria, Tracy and a host of volunteers have nurtured, watered, weeded through this heat to produce a great harvest of a wide array of vegetables. The harvest from the garden has been utilised in the community kitchen program and has also been distributed to grateful members of the low income housing co-op in our area. One of the R4R participants has been baking zucchini bread from the harvested zucchini from our garden, packaged it and labelled it "With compliments of Inca/R4R". Victoria has then distributed it to people in the area randomly as a neighbourly gift. In spite of the odd look now and again, people have been deeply appreciative.....and it is delicious!

Also soon to be officially 'opened' on our property is the Little Lending Library where you can 'take a book/bring a book' to enjoy for yourself or for others to enjoy. You can come and sit in the serenity garden for a peaceful few moments and read until your hearts' content. Come and try it for yourself.

Our worship has resumed at 8:30 and 10 am on Sundays with our friends from St. Aidan's joining us for the month. I want to thank Barry Randle for handling things through the month of July and the for the hospitality extended by the St. Aidan's community.

Hope to see you Sunday and enjoy the Olympics! Go Canada!

Peace,

Michael

This Week at Inca



We Welcome St. Aidan

This Sunday, please join in welcoming our friends from St. Aidan who will be worshipping with us for the month of August.



Family Update!

On **July 23 at 12:10 am** Nidaa and Samer welcomed their twin girls!

Family is doing well and appreciate all the support and prayers.

Interested in helping the family? If you are able, you may consider signing up to provide a meal. Details are on the meal train website <https://mealtrain.com/y61nk1>

Baby Shower

We'll be arranging a baby shower on Sunday, September 25 from noon to 2pm. Girls only (sorry boys). You can sign up [using this link](#).



Infinitely More in concert!

Sunday, August 28 7:00 at the Church of the Incarnation.

A free-will donation at the concert will be in support of World Vision Child Sponsorship.

<http://www.infinitelymore.ca/>

Husband and wife duo, Allison Lynn and Gerald Flemming, offer a fusion of folk, pop, jazz, hymns and worship that soothes the heart and ignites the soul. Their original songs and fresh interpretations of the classics will encourage and inspire both the seeker and the lifelong Christian.



Free Yoga –Tuesdays 7pm, ending August 23

Join us for FREE restorative Yoga classes in our new Meditation Garden.

Excellent for all levels including beginners. Our instructors, from The Clarity Centre, will help you release your stresses. Mats will be available, or bring your own. A wonderful opportunity to explore our grounds, nurture your spirit and commune with nature.



International Overdose Awareness Day – Wednesday, August 31, 7:30-9Pm

International Overdose Awareness Day (IOAD) is a global event held on August 31st each year and aims to **raise awareness** of overdose and reduce the stigma of a drug-related death. It also acknowledges the grief felt by families and friends **remembering** those who have met with death or permanent injury as a result of drug overdose.

Please join R4R as they host a candlelight vigil at Oakville Town Square, Lakeshore Rd.



Movie under the stars–Wednesday, August 24 at 8:30pm

You're invited you to come to our beautiful grounds. Bring a lawn chair, picnic blanket and your friends and family. We'll be showing *Toy Story* and hope you can join us. Free popcorn!



Story Time in the Garden

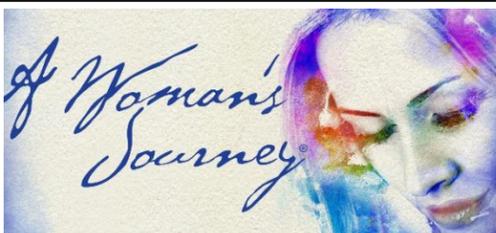
MONDAYS August 8TH-29TH at 10am

Join Mervyn as he reads a different children's story every week!



Abbeyview BBQ –Thursdays 5:30-7pm, through to September 1st

Thank you to all those who have been working hard at making this a success! Please contact Susan Curran for more details.



Storytelling –*A Woman's Journey* Mondays, beginning August 8, 12:30-2:00 pm

Join Karen Pitt as she provides an opportunity for women to speak, listen, support and share your life's journey. For more information, contact Karen at karpitt@gmail.com

September 12, join MP Pam Damoff as she shares her story!

Taste of Columbia, El Salon located at 67 Bronte Road, unit 2



Christmas Market – Saturday November 19th

The date has been set, the hard work and planning has begun! We'll be looking for donations to our Trinkets and Treasures table, craft table, baked goods and more! Stay tuned.

Also looking for donations to our Silent Auction table! Tickets, gift certificates, gift baskets – all donations welcome.



The Ian Grieve Memorial Croquet Tournament

Date has been moved to Saturday, September 10. Hosted by Alan and Winkie Macdougall beginning at 4 pm.

Sign-up sheets in the narthex.



Contemplative Fire – returns next weekend, Sunday, August 21.

Are you looking for time to reflect, meditate and recharge your spiritual life? Each meeting begins with a communal sharing of food followed by quiet and intentional reflection in the gathering area. The response to this has been very encouraging. We continue to see new faces at each meeting and look forward to growing this community. For more information, please speak to Michael. All are welcome.



Music News

Choir rehearsals will resume in September – enjoy your summer!



Wing and a Prayer –Wednesday, August 24

Please note: In July and August we will move to the fourth Wednesday of each month.

We meet at 6:30pm at Monaghan’s. Cost: \$25 per person including food and drink. RSVP Rob Moniuk (Robert@Moniuk.ca). Everyone is welcome!



Youth Group Events-

For info contact Phil Carver at incayouthprogram@gmail.com

Community News



Annual Bishop’s Company Dinner

Save the date: Monday, October 17, 2016

Venue: Michelangelo's Event and Conference Centre
1555 Upper Ottawa Street, Hamilton

Guest Speaker: Rex Murphy, a regular commentator on CBC's *The National*.

Anyone passionate about supporting Bishop Michael's pastoral ministry is invited to join the Bishop's Company by completing an [online registration form](#). Existing members can also renew their membership online. Learn more about [The Bishop's Company here](#).



Anglican Church of Canada

Read all about the recent General Synod, a statement from Archbishop Hiltz, and more.

[Read the newsletter online](#)

This & That



Buy Good Coffee – Available in the office

Delicious, organic, Arabica coffee grown by women in Peru who are paid above fair trade prices. \$15 for a 1lb bag, \$10 for a 10oz bag.

Remember, 30% of the proceeds will be donated to the missions of Incarnation.



Community Garden News

Have you stopped by to see how the plants are growing? The vegetables are being harvested and will be used in in our Community Kitchen cooking programs!



Looking to volunteer?

We have lots of way you can get involved. Positions include: altar prep, greeters, readers, hosts and coffee preparation. **Youth** can gain some volunteer high school hours. Training will be provided. Contact Claudine Boulert, at boulert@rogers.com for more information, or call 905-825-2851.



Our recycling efforts!

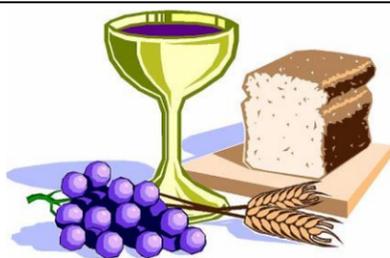
Thank you to all our hard-working volunteers who prepare the coffee and help with the set-up and clean-up of our premises. We have some new helpers and we thought it was time for a reminder about what to do with the garbage after each event

- All recycling needs to be emptied after each coffee hour or other event. The large blue recycling bins are located at the back door. Please dump all recycling into the larger bins before leaving the church.
- Green bin liners are located in one of the 3 stacked multi-coloured baskets in the kitchen on the counter by the small sink.
- Please place the green bin outside the back door at the end of coffee hour or any other event. No green bins are to be left in the kitchen after coffee hour



Changes to Order of Service or Bulletin News - Any changes need to be sent to the office by Tuesday, noon. office@incarnationchurch.ca

Nametags let people know who you are and make it helpful for people to put names to faces, especially for newcomers



Receiving Communion

All people at Incarnation are invited to receive the bread and wine at communion. The bread is received from the priest who stands between the servers who offer wine from the common cup; choose whatever side is free. You may choose to receive from an individual wine cups available to the left of the altar. Take one, consume the wine and replace the empty cup in the same spot. We hope this provides an inclusive approach to communion where all are welcome.

VOLUNTEER SCHEDULE

	August 14	August 21
Bread Making	L. Hickey	B. Gowing
Altar Prep	B. Hanna-Morrison	Ann MacNaughton
Coffee	Stevens	A.Turner-Sommer
Coffee	J. Smith	J. Vanderwater
Host	L. Bird	J. Smith
Reader 1	J. Grieve	M. Russell
Gospel	G. Chambers	B. Hanna-Morrison
Prayers	D. Wieler	K. Pitt
Server 1	B. Hanna-Morrison	W. Burk
Server 2	Ann MacNaughton	T. Burk
Wine Cups	E. Lorimer	C. Boulert
Counting	J. Raitt	M. Morrison

Please Note: If you need to adjust the schedule, please write the change on the master copy pinned to the bulletin board